French Fried Potatoes Double Your Risk of Early Death

Apparently, death by French fry could happen to you if you’re not careful.

People who eat fried potatoes more than twice a week double their risk of an early death when compared with people who avoid this crunchy treat, according to a recent study published in the American Journal of Clinical Nutrition.
Even though it goes without saying that fried potatoes aren’t health food, Nicola Veronese, who authored the study, told CNN there has previously been very limited scientific research on the issue.

"Even if it is an observational study, we believe that the cooking oil, rich in trans-fat, is an important factor in explaining mortality in those eating more potatoes,” Veronese told CNN, adding that trans-fat has been shown to raise the "bad," or LDL, cholesterol in the blood, which can lead to cardiovascular disease.

Mc Donald’s burger feels incomplete without French fries, doesn’t it? With a very heavy heart, we have to tell you that munching on those golden sticks which have the ability to give you immense happiness can actually accelerate your demise!
An eight-year study on the regular consumption of French fries, has come out with this devastating result, that too much of the fried potato snack can lead to your speedy death, reports Sputnik. Acrylamide forms in starchy foods fried at high temperatures and are termed a carcinogen by US government health agencies. The dangerous chemical compound has been shown to cause tumours in adrenal glands, the thyroid and the lungs.

Making the ominous observation that the risk of death from eating too many french fries is double than those who do not consume the delicious yet greasy food, the new study has called on potato lovers to prepare their favourite tuber another way, perhaps by steaming or boiling.
Those who regularly eat the delicious treat twice or more in a week, in comparison to those who do not eat french fries at all, have twice the chance of suffering death by heart
attack due to a circulatory system overloaded with cholesterol and other toxins, says the Research published in the American Journal of Clinical Nutrition. The study included 4,440 participants between the ages of 45 and 79, who were examined over a period of eight years; 236 of those participants died. The research indicated that those who died were the ones who ate the most fried potatoes, and not just french fries either, as any form of potato seared in boiling hot oil - including hash browns and tater tots - was found to be the main reason for early death.
Fried potato consumption is associated with elevated mortality: an 8-y longitudinal cohort study

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- The Osteoarthritis Initiative (OAI) is a public-private partnership composed of 5 contracts (N01-AR-2-2258, N01-AR-2-2259, N01-AR-2-2260, N01-AR-2-2261, and N01-AR-2-2262) funded by the NIH, a branch of the Department of Health and Human Services, and conducted by the OAI Study Investigators. Private funding partners include Merck Research Laboratories, Novartis Pharmaceuticals Corporation, GlaxoSmithKline, and Pfizer, Inc. Private sector funding for the OAI is managed by the Foundation for the NIH. This manuscript was prepared with the use of an OAI public-use data set and does not necessarily reflect the opinions or views of the OAI investigators, the NIH, or the private funding partners. The funders did not play any role in the design, implementation, analysis, or interpretation of this research.

- Supplemental Figure 1 is available from the “Online Supporting Material” link in the online posting of the article and from the same link in the online table of contents at http://ajcn.nutrition.org.

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\textbf{Abstract}

\textbf{Background:} Few studies have assessed the association between potato consumption and mortality.

\textbf{Objective:} We investigated whether potato consumption (including fried and unfried potatoes) is associated with increased premature mortality risk in a North American cohort.

\textbf{Design:} A longitudinal analysis included 4440 participants aged 45–79 y at baseline with an 8-y follow-up from the Osteoarthritis Initiative cohort study. Potato consumption (including fried and unfried potatoes) was analyzed by using a
Block Brief 2000 food-frequency questionnaire and categorized as ≤1 time/mo, 2–3 times/mo, 1 time/wk, 2 times/wk, or ≥3 times/wk. Mortality was ascertained through validated cases of death. To investigate the association between potato consumption and mortality, Cox regression models were constructed to estimate HRs with 95% CIs, with adjustment for potential confounders.

**Results:** Of the 4400 participants, 2551 (57.9%) were women with a mean ± SD age of 61.3 ± 9.2 y. During the 8-y follow-up, 236 participants died. After adjustment for 14 potential baseline confounders, and taking those with the lowest consumption of potatoes as the reference group, participants with the highest consumption of potatoes did not show an increased risk of overall mortality (HR: 1.11; 95% CI: 0.65, 1.91). However, subgroup analyses indicated that participants who consumed fried potatoes 2–3 times/wk (HR: 1.95; 95% CI: 1.11, 3.41) and ≥3 times/wk (HR: 2.26; 95% CI: 1.15, 4.47) were at an increased risk of mortality. The consumption of unfried potatoes was not associated with an increased mortality risk.

**Conclusions:** The frequent consumption of fried potatoes appears to be associated with an increased mortality risk. Additional studies in larger sample sizes should be performed to confirm if overall potato consumption is associated with higher mortality risk. This trial was registered at clinicaltrials.gov as NCT00080171. 

Received February 12, 2017.--- Accepted April 20, 2017.
Eat at least five servings of fruits and vegetables a day, use vegetables as the center of the meal.

Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good fatty acids, not trans or cooked animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (cane, corn, potato, grape sugar). Wellness is your Reward. Remember to chew your food, fruits alone, fluids alone, and melons alone.

Make vegetable and fruit juice part of your daily Wellness Healthy Regime.